



H-PLUS Function Exercise: RESET

Function Command: PLUS-RESET, RESET

Purpose:

This is your H-PLUS Function exercise to learn to change your pattern quickly and easily

Application:

For immediate restoration of high energy levels in mental as well as physical and emotional areas of the self. Use when any or all such areas are perceived as low or distressed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RESET** enhances many other H-PLUS Functions.

Examples – If your mood is low after a long, frustrating day, do **PLUS-RESET**, **RESET** to arrive home in a better frame of mind. For a presentation in court, school or at a board meeting, the **RESET** and **SPEAK-UP** Functions can help to maximize effectiveness. If you've an athletic competition on the agenda and a low energy level, try **RESET** with **STRONG-QUICK** and **EIGHT-GREAT** for a boost.

Please Note:

- If you're feeling low, use the **RELAX** Function exercise as a prep for **RESET**.
- You may observe the following:
 - Your mood shifts smoothly from “tired and low” to “energetic and up.”
 - You experience a surge of calmness and confidence in a normally stressful or threatening situation.
 - Your energy increases when moments before you could hardly hold your head up.

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Interstate Industries, Inc.
at The Monroe Institute

P.O. Box 130
Nellysford, VA 22958
(804) 361-1500

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